

**ABSTRACT**

A device for allowing a swimmer to exercise in a pool while remaining approximately in place.

The device includes an adjustable belt which fits around the swimmer's waist. An elastic harness connects this belt to an anchor bracket which is fixed to the side of the pool. The harness elastically deforms as the user exerts greater swimming force, thereby indicating to the user his or her level of exertion. The anchor bracket is configured to attach to a pool incorporating a skim gutter.